

TRAVEL AND Novel H1N1 Flu

STAY HOME IF YOU ARE SICK

To help reduce the spread of novel H1N1 flu, if you are sick with flu-like symptoms you should stay at home except to get medical care or other things you need, such as food and other basic items. Do this for 7 days after your symptoms begin or until you have not had any symptoms for 24 hours, whichever is longer.

Flu-like symptoms include: **fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.** Some people who sick with novel H1N1 flu have also had diarrhea and vomiting.

If you get sick with flu-like symptoms, **think before you travel**—stay home, get well, and help keep others well. Don't travel for 7 days after your symptoms begin or until you have not had any symptoms for 24 hours, whichever is longer.

IF YOU GET SICK WHILE TRAVELING

If you get sick at any time during a trip, stay in your hotel room or wherever you are visiting for **7 days after your symptoms begin** or until you are **symptom-free for 24 hours**, whichever is longer, except to seek medical care. Avoid close contact (within about 6 feet) with other people as much as possible, and if you must go out, cover your coughs and sneezes by wearing a facemask or with a tissue.

Be sure to bring copies of important health information with you on your trip, such as your health insurance card, important medical records, and personal identification when you travel. You may need these things if you are getting medical care away from home.

WHEN TO SEEK MEDICAL CARE

Certain groups of people are at higher risk of serious flu-related complications, including from novel H1N1 infection. This includes people 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

If you are in one of these groups of people and you develop flu-like symptoms either at home or while traveling, CDC recommends that you seek medical advice or care right away.

Also, there are certain warning signs that indicate that you should seek emergency medical care, even if you do not have any pre-existing medical conditions. If you have any of the emergency warning signs (below), seek medical advice or care right away. A health-care provider can decide if you need a flu test or treatment.

EMERGENCY WARNING SIGNS THAT NEED URGENT MEDICAL ATTENTION

Get medical care right away if you or a loved one has any of the following signs or symptoms:

In children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or constant vomiting
- Not waking up or not interacting
- Being so irritable that he or she does not want to be held
- Flu-like symptoms that get better, and then return and get worse

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

If you are traveling outside the United States, the U.S.

Embassy or consulate in the country you are visiting can help you find local medical care.

- Call Overseas Citizens Services at 1-888-407-4747 (from the U.S. or Canada) or 00 1 202-501-4444 (from outside the United States).
- Visit www.usembassy.gov

It may make it easier to find medical care if you have copies of important health information and personal identification, such as a passport or visa.

For more information about healthy and safe travel, visit <http://www.cdc.gov/travel> or call 1-800-CDC-INFO.



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